

Topic: **CHILD DEVELOPMENT**

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CHILDHOOD DISEASES

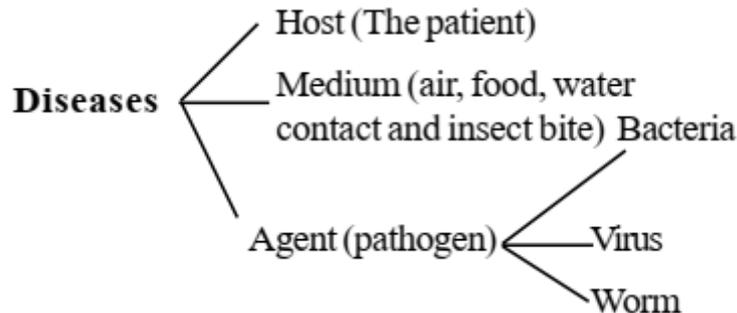
Diseases are of two types. They are communicable and non-communicable diseases. The common diseases spread rapidly through the medium of air, food, water, contact and insect bite. They are caused by agents/pathogens, which include bacteria, virus and worms. These diseases can be prevented and controlled by - immunity, good nutrition and sanitation.

Barriers against disease germs

1. Skin - The germs cannot enter unless the skin is damaged. Mucin secreted by mucous membranes repel bacteria.
2. Saliva. The antiseptic quality of the saliva is well-known.
3. Tear glands. Produce secretion containing “lysozyme” which has a potential of filling and washing away germs.
4. Nasal opening has cilia that sweep out germs to some extent.
5. Urine and faeces, besides excreting body waste also gets rid of some of the pathogens.
6. Stomach secretes ‘pepsin hydrochloric acid’ that burns away some of the germs.
7. Blood contains WBCs which engulf the bacteria and release a ferment to liquefy bacteria.
8. Lymph nodes engulf the disease germs and kill them.

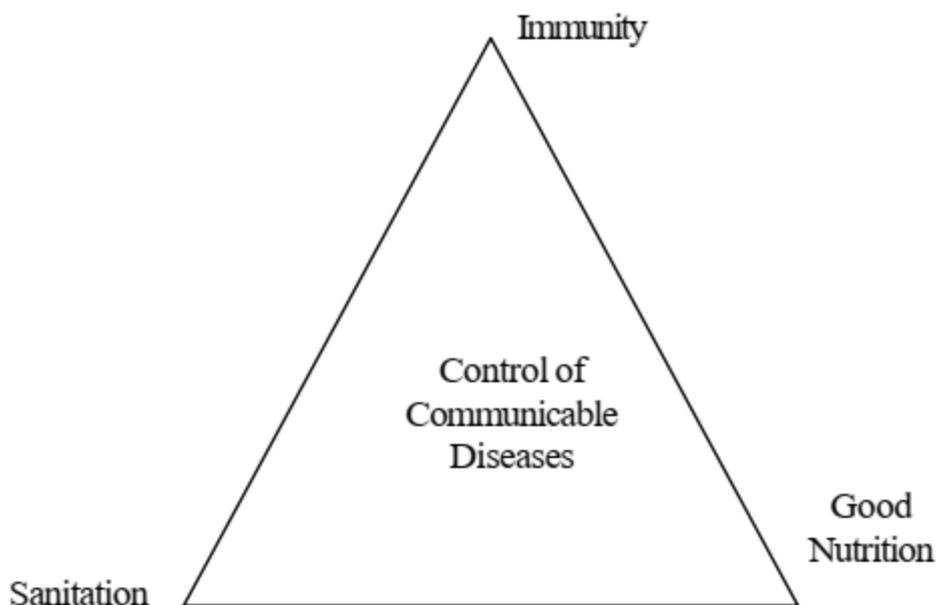
How diseases spread

Diseases are of two main types. They are communicable diseases and non-communicable diseases. The communicable diseases spread rapidly through the medium of air, food, and water contact and insect bites.



Communicable diseases are caused by agents/pathogens. These include micro-organisms like bacteria, virus and worms. The child/ individual who gets disease is commonly called a 'host'. The time of pathogen entry to the appearance of disease symptoms is called "incubation period of the disease". A disease is known to be communicable when it spreads from one person to another. Non-communicable disease does not spread from one person to another. The former spreads at a very fast rate and needs to be controlled before it proves serious/fatal.

Prevention and control of communicable diseases Communicable diseases can be prevented and controlled by the following three factors:



You are very well-acquainted with the importance of good nutrition and its relation to the strength and well-being of the child/individual.

Mode of spread of children's diseases and their control measures

A brief account of some important childhood diseases is given below

Table 1

Medium of Disease Spread	Childhood Diseases	Control Measures
Air gets polluted when individuals cough and sneeze without covering their mouth and nose.	Influenza, Tuberculosis, Whooping cough, Measles, Chicken pox	i) Mouth and nose should be covered while coughing and sneezing ii) Paper tissue could be used to clean children's nose and mouth. iii) Sanitary disposal of tissue is essential

<p>Water and food can be polluted by</p> <ul style="list-style-type: none"> i) Unhygienic conditions while storing, cooking, serving and eating. ii) Low level of personal hygiene. iii) Use of dirty vessels and serving dishes, etc. iv) Consuming food exposed to flies and dirt. v) Consumption of unsafe water. 	<p>Diarrhoea, Dysentery, Cholera, Jaundice, Polio, etc.</p>	<ul style="list-style-type: none"> i) If in doubt boil water to make it safe. ii) Keep food covered to protect contamination by flies. iii) Avoid licking food with dirty fingers. iv) Wash hands before and after eating food.
<p>Insect Bites</p> <p>The disease causing germ gets transferred from sick person to a healthy person through bite of the insect - that is an intermediary host.</p>	<p>Malaria, Filaria</p>	<ul style="list-style-type: none"> i) Keep environment clean to check insect multiplication ii) Protect house by having wiremesh on doors and windows. iii) Protect yourself by wearing full sleeve dresses from dusk to dawn.

		iv) Sleep under mosquito nets or use modes of repelling mosquitoes to avoid being bitten by them.
Soil gets polluted when the wastes are not properly disposed off.	Tetanus, worms	<p>i) Have proper footwear for protection from soil borne infections.</p> <p>ii) Clean wound properly with antiseptic solution.</p> <p>iii) Ensure that toddlers and children</p>
<p>Diseases spread directly and indirectly by contact. Direct contact means the disease germs is picked up by touching the sick child/person.</p> <p>While indirect contact means the germ gets transferred from a sick child to another child through play</p>	<p>Scabies, Eczema</p> <p>Diphtheria</p>	<p>i) Avoid contact with sick persons or attend to the sick by taking all personal protection measures.</p> <p>ii) Healthy children should not be allowed to play</p>
materials.		or use the toys of sick children and provide good nursing care.